

Treasure Barrel

Cheesy Garlic Chicken Wraps

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken breast, cut into 1-inch cubes
- [ ] 2 large flour tortillas
- [ ] 1 cup shredded mozzarella cheese
- [ ] 3 cloves garlic, minced
- [ ] 2 tbsp olive oil
- [ ] 1 tbsp fresh lemon juice
- [ ] Salt and pepper to taste

Optional Add-Ins

- [ ] 1/4 cup chopped fresh parsley
- [ ] A pinch of smoked paprika
- [ ] Sliced avocado for garnish

Instructions

1. Heat olive oil in a skillet over medium-high heat; pat the chicken dry, season with salt, pepper, and a pinch of smoked paprika, then sear until golden brown, about 5-6 minutes.
2. Add minced garlic and lemon juice, stirring for another minute until fragrant; remove from heat.
3. Warm each tortilla in a clean pan for 15 seconds per side, just until pliable.
4. Lay a tortilla flat, sprinkle half the mozzarella, add a generous spoonful of chicken mixture, top with remaining cheese, then fold and roll tightly.
5. Return the rolled wraps to the skillet, seam side down, and toast lightly for 2 minutes to seal, then slice diagonally.

Nutrition per serving

420 kcal	28 g	38 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the cheese isn’t melting fast enough, cover the pan for a brief moment.
- Feel free to add a splash of hot sauce for extra heat.
- Store leftovers wrapped in foil to retain warmth.